

THE WRONG WAY TO WALK

Inelegant and Slovenly Gait Noticed All Too Frequently.

Walking—one of the most popular and beneficial exercises—is well discussed in Good Housekeeping:

Very stout or slouchy people allow the abdomen to "lead." Brain workers, worriers, all nervous and physically uncultivated people, let their heads lead; the head is further advanced than any other part of the person. Dyspeptics whose thoughts are centered on their stomachs, often unconsciously lead with the waist line just over the offending organ. Occasionally a weak-willed person permits the knees to lead. When a thin, bad walker moves rapidly, there often seems to be a race between nose and knees, and you watch to see which will arrive at the goal first.

When a young woman's skirt and a young man's trousers show a bulging shape over the knees, their owners are leading sedentary lives or have never learned to walk correctly. This part of the lower limbs should be kept straight, and the ball of the foot, not the heel, should touch the ground first. When the head is bent for long hours over sewing machine or ledger or outboard, it is not an easy matter to pull it back to its proper position and make it stay there, and it seems so much more easy and comfortable to let the chest sink than to hold it up to its right place; but the demands of health and beauty are identical in the matter of a head held easily, not egotistically, back, and a chest kept in the highest and most advanced position.

It is a striking fact that this attitude of head and chest is expressive, not only of health and grace, but of the finer mental qualities. The embarrassed boy drops his head; if he would hold his head up, his nervousness would disappear. The shy girl thinks that every one in the room is looking at her, and her chest sinks; but if she would hold it up—assume the attitude of courage, though she have it not—she wouldn't care whether they looked or not. The self-conscious person who knows he is stiff and awkward, and who knows that his stiffness and awkwardness are the direct results of his self-consciousness, should imagine that a strong string is attached to the upper part of his chest and held by an invisible hand above him. All he has to do is to let his body depend from that string and keep his head well back of it, and his mind and body will alike become easy and free. The most graceful walker I ever knew told me that she habitually walked by the aid of this invisible cord.

Tooth Brushes.

Dr. S. H. Arnold gives some interesting facts and good advice in regard to that daily friend, the tooth brush:

Nearly all brushes are made from bristles taken from the wild hogs of Russia or China. The handles are made mostly in Japan, France, England and Germany, and by one firm in the United States. Probably English brushes are the best made and worst shaped. The French are next in quality, but far ahead in form. Germany and Japan are generally imitators. Some of the most expensive English and French, and all American brushes, are made in factories under more or less sanitary conditions, but the cheaper grades, including all German and Japanese brushes, are made in the huts of the peasants, where cattle, dogs, swine, fowls and humans are herded in common. The bristles and bone are given out by the dealer and taken into the country, where they are assorted by the aged and young children and diseased persons, the stronger members of the family working at more remunerative employment.

These cheap brushes are often in the most unsanitary and wretched surroundings imaginable, and it is a significant fact that after being made they are seldom sterilized before using.

The English brushes are generally very much too large to be efficient. The French are better shaped, but are apt to be too long of head, making much waste to the brush, and are too long of bristle.

A wide brush is not advisable because it limits the movement possibly longitudinally to the tooth. Long bristles are not the best, because they bend when the brush is thrust back between cheek and teeth, and stay bent till the brush is withdrawn, thus missing the interproximal spaces so much in need of cleaning. Soft bristles become softer when wet, and utterly fail to enter the spaces at all. If the surface of the bristles is concaved longitudinally to fit the labial curve of the teeth, then when the brush is reversed and used on the lingual surfaces, only the ends of the brush engage the teeth; hence, more teeth are missed than cleaned, and the user is deceived into thinking he has cleaned his teeth because he has brushed them.

Studying the brush over and what is required of it, it would seem that the brush best adapted to use in the human mouth should have a short, narrow head, with short, rather stiff bristles, trimmed straight longitudinally and convex latitudinally, that each line of bristles may come successively into use as the brush is rotated.

Breathing for Strength.

Instead of the above heading might be written, "Breathing for Life." For that is really what we do. And since this fact is so easily demonstrated, it is strange that we have

not more quickly and fully discovered that in this vital process lies the secret remedy for a thousand ills, if not "the fabled fountain of immortal youth." Men have lived weeks without eating; days without drinking, and nights without sleeping; but how long can we live without breathing? Twenty ounces of food and a few pints of water will supply the body one day; but, upon a low estimate, it requires thirty thousand pints of air in the same length of time.

The delicate machine which this volume of air enters is said to contain over 700,000,000 air cells, or little workshops. Into the walls of these there flows, like the sewerage of a great city, the foul, venous blood of the body. In these remarkable workshops it is quickly transformed into a rushing red torrent filled with life-giving oxygen from the air. What a wonderful invention! What a miraculous process! And yet you are trusted with operating one of these instruments.

Would you note its magical effect under proper conditions? Then stand erect. Open the doors and windows; or, if you are sick in bed, have them opened. Lift your chest and chin, and breathe the invigorating air of heaven, till the muscles of your abdomen fairly bound with joy. Now, isn't that a tonic. Then take it many times a day. You can repeat the dose often. Even as I write the fresh air tickles my finger tips; for when we breathe deeply, it goes to all parts of the body.

To "The Sufferin' Neat."

There was a little woman
In a very sorry plight;
For, strange to tell, this woman
Disliked to dwell with light.
She closed her blinds up tightly,
Then craped the windows o'er,
For fear the blessed sunshine
Would spoil her walls and floor.
This dainty little woman
Grew very pale and thin,
Just like the weak potato sprouts
In cellars deep and dim.
Ah, silly little woman!
You have faded out of sight,
Because you would not let in
The sweetness of God's light.
—Faint and Faded.

Consumption Can Be Conquered.

The universal interest in the Anti-Tuberculosis movement is shown in every convention held to consider this work. The discussions are practical, not theoretical. The audiences are popular, not merely professional. The whole people are interested.

In a session just closed at Atlanta, Georgia, many important and interesting phases of the prevention and cure of consumption were considered. Dr. C. P. Ambler gave a concise review of the duty of the physician in charge, to the patient and family. His paper was enthusiastically received and adopted as the sense of the League on this subject.

His points were as follows: First, Tuberculosis is not the fatal disease commonly believed.

Second—While communicable it can be made practically harmless by the proper course on the part of the patient.

Third—The chief cause of the high mortality is late diagnosis.

Fourth—Late diagnosis is caused by indifference of the patient to early symptoms and carelessness on the part of the physician consulted.

Fifth—By thorough, systematic instruction of the patient better results can be accomplished than by medication.

Sixth—Instruction of patient, family and friends, and close observance on their part of the rules laid down will practically rob the disease of its method and means of extending.

Items that Count.

There is one important fact that should be indelibly fixed in the mind of every thinking, reasoning being, and that is that any physical derangement, no matter how slight, leaves its impress on the system, and that the individual can never be exactly the same as before. We know this is contrary to the opinion generally held, for we frequently hear the remark made concerning one who has recently passed through a slight sickness: "The doctor says he is as sound as a bell now!" This is optimism, pure and simple, on the part of the physician, and it does good by establishing confidence in the mind of the whilom patient; but, in reality, it is not so. No disturbance of the normal course of the functions can pass away and leave things exactly as they were. A permanent damage has been inflicted, and although it is not appreciated at the time, Nature is a rigid bookkeeper, and these apparently trifling debts to her are duly entered against the individual, and you may rely upon it that sooner or later the bill will be presented. It is the sum total of these minor injuries that become formidable—the accumulation of these trifling derangements that break down constitutions ultimately.

The Use of the Potato.

According to statistics cited by Waldron in the Revue pour Tous, the potato is more largely used in Europe than any other food substance, the average amount annually eaten per capita being as follows in the different countries named: England, 242 pounds; Austria, 662 pounds; France, 697 pounds; Norway and Sweden, 739 pounds; Germany, 1,298 pounds; Ireland, 1,364 pounds. The per dem consumption for England is eleven ounces per day, and Ireland, three and three-fourths pound, or nearly six times as much.

COMPLETELY RESTORED.

Mrs. P. Brunzel, wife of P. Brunzel, stock dealer, residence 3111 Grand Ave., Everett, Wash., says: "For fifteen years I suffered with terrible pain in my back. I did not know what it was to enjoy a night's rest and arose in the morning feeling tired and unrefreshed. My suffering sometimes was simply indescribable. When I finished the first box of Doan's Kidney Pills I felt like a different woman. I continued until I had taken five boxes. Doan's Kidney Pills act very effectively, very promptly, relieve the aching pains and all other annoying difficulties."

Foster-Milburn Co., Buffalo, N. Y. For sale by all druggists. Price 50 cents per box.

Voice Records of Noted People.

The British Museum, London, has decided to collect and keep gramophone records of the voices of the most eminent singers and publicists. They will be for the use of posterity. The "master records" will be of nickel and practically indestructible. From these playing records can be stamped at will.

Try One Package.

If "Defiance Starch" does not please you, return it to your dealer. If it does you get one-third more for the same money. It will give you satisfaction, and will not stick to the iron.

Lots of sympathetic people are willing to share your last dollar with you.

The Best Results in Starching

can be obtained only by using Defiance Starch, besides getting 4 oz. more for same money—no cooking required.

If you have found fault unfairly at once seeks to make proper amends.

Do Your Clothes Look Yellow?

Then use Defiance Starch, it will keep them white—16 oz. for 10 cents.

A dollar in your hand is worth 20 in the other chap's pocket.

FITS permanently cured. No fits or nervousness after first day's use of Dr. King's Great Nerve Restorer. Send for FREE \$2.00 trial bottle and treatise. DR. R. H. KING, Ltd., 501 Arch Street, Philadelphia, Pa.

Some wives seem to think that husbands were made to order.

Free Theater Refreshments.

Manager Musgrove has commenced supplying patrons of the circle and front stalls of the Lyceum (Sydney) with refreshments free of charge. Another manager is said to be thinking of following his lead. It seems to be an unwise thing to begin; if managers don't look out it'll become as big a curse to them as counter lunches to publicans.—Sydney Bulletin.

How to Economize in Soap.

All soaps, toilet or laundry or household go much farther if kept for some time in a dry place before using. New soap lathers too freely to waste, therefore it is more economical to buy a quantity and keep the bars or cakes some time, instead of buying it as you actually want it.

Does Tobacco Cause Blindness?

A doctor stated in an English court recently that he considered one and a half ounces of tobacco quite sufficient to impair the eyesight, and that he had known a case where a man of middle age was a sufferer from the effects of half an ounce a week.

Germany's Exports of Toys.

The value of German toys exported to foreign countries last year was close to \$13,700,000, of which the United States, as the principal customer, took about \$4,000,000 worth. Sonneberg is the chief center of the industry.

FEED YOU MONEY.

Feed Your Brain, and It Will Feed You Money and Fame.

"Ever since boyhood I have been especially fond of meats, and I am convinced I ate too rapidly, and failed to masticate my food properly.

"The result was that I found myself, a few years ago, afflicted with ailments of the stomach and kidneys, which interfered seriously with my business.

"At last I took the advice of friends and began to eat Grape-Nuts instead of the heavy meats, etc., that had constituted my former diet.

"I found that I was at once benefited by the change, that I was soon relieved from the heart-burn and the indigestion that used to follow my meals, that the pains in my back from my kidney affection had ceased, showing that those organs had been healed, and that my nerves, which used to be unsteady, and my brain, which was slow and lethargic from a heavy diet of meats and greasy foods, had, not in a moment, but gradually, and none the less surely, been restored to normal efficiency. Now every nerve is steady and my brain and thinking faculties are quicker and more acute than for years past.

"After my old style breakfasts I used to suffer during the forenoon from a feeling of weakness which hindered me seriously in my work, but since I have begun to use Grape-Nuts food I can work till dinner time with all ease and comfort." Name given by Postum Co., Battle Creek, Mich.

There's a reason.
Read the little book, "The Road to Wellville," in each pkg.

THE NEWS IN NEBRASKA

STATE NOTES.

W. A. Morrison, a machinist in the Dempster factory, Beatrice, got his hand caught in a press drill and suffered the loss of a thumb.

The Farmers Independent Telephone company, which was recently organized at Blue Springs, is doing much business. It is extending its lines in all directions through the county.

An ordinance regulating the sale and use of firearms, firecrackers and other explosives in the city of Seward was passed by the city council and passed and approved by the mayor.

At Clay Center August Anders of Glenville was bound over to the district court by the county court on a charge of exploding dynamite in the Blue river for the purpose of killing fish.

Word was received at Beatrice that Percy Oliver, the 14-year-old son of Mrs. Della Oliver, a former Beatrice resident, was drowned in the Republican river near Superior while in swimming.

At Ravenna burglars pried open the windows of the saloons belonging to E. C. Stanton and Vesley & Motzick. They secured \$20 and some cigars and whisky. They were arrested.

A telegram reached Grafton from Canada announcing the death of James Longman of Panoka, Province of Alberta. The remains will be buried there. Deceased removed from Grafton two years ago.

According to the government rain gauge kept by C. C. Gray of Columbus, the total precipitation for the month of May was 8.96 inches. While this is unusually heavy, yet May, 1903, beat it by just a half inch.

Prof. Charles C. Danforth, recently re-elected principal of the schools of Sidney, tendered his resignation and the same has been accepted. Mr. Danforth has been elected superintendent of the city schools of Tecumseh.

Lightning struck the house of Geo. Hannel, a Bohemian farmer residing five miles from Leigh. His 6-year-old daughter was instantly killed and his boy of 8 years was seriously burned. The house was not much damaged.

Henry Kauffeldt, a prosperous farmer living a short distance northeast of Minden, was found dead in his bed late Sunday morning, and his death is attributed to heart failure. He and his mother, who is about 70 years old, were living alone.

Mrs. A. H. Kaley, wife of a former merchant at Red Cloud, committed suicide by hanging herself to the rafters of the barn. Her mind had become unbalanced by grief over the death of her daughter and her own long continued illness.

Friends of Amos H. Gould, the wrecker of the Bellwood bank, made an appeal to Governor Mickey to grant him a commutation of the six-year sentence of which he has now served one-half. It is claimed that the man ought to be permitted to assist his family.

A prominent Missouri Pacific official who visited Plattsmouth, is authority that that road has under consideration a project to ballast its main line track between Omaha and Kansas City with "chert," a fine crushed rock which comes from the zinc mines of Missouri.

"Jake" Rife, a young man who works for B. Sonberg in the latter's drug store at Graf, a village in Johnson county, was brought into the county court on the charge of selling drugs without a pharmacist's license. He pleaded guilty to the charge and was fined \$10 and costs.

One of the city markets of Fremont is displaying a number of channel catfish caught in the Elkhorn in the northern part of the county. The largest fish the scales at ninety-two pounds. Catfish are no more plentiful in the Elkhorn this year than usual, but they are above the ordinary size.

James H. Criss and William H. Thompson were lodged in jail at Beatrice by Sheriff Trude, charged with assaulting and cutting a man named Richardson near Lanham Sunday night. Richardson was nearly dismembered, and it is thought that he cannot recover. The men were in a saloon playing cards when the trouble arose.

A curiosity in the form of a calf with two heads is owned by Edward Mitchell, a farmer residing near Plattsmouth. The heads of the monstrosity are so heavy that it cannot hold them up. Nevertheless, it continues to eat lively and is hungry. The calf is fed at both mouths—both tongues wagging in a hungry way until appeased.

F. F. Blakeslee of Hastings, had the muscles and bones of his right arm badly crushed at the elbow in the west yards of the B. & M. R. R. in that city. It is not definitely known just how he was hurt as he was in an intoxicated condition at the time, but it is thought that he fell under a wheel while trying to steal a ride on the train.

An Omaha party has purchased three quarter sections of railroad land lying just northwest of Sidney. There is an immense gravel pit on this land, which he intends to utilize in the manufacture of paving brick and patent sidewalk blocks.
D. C. Foler and E. C. Neel were drowned in the Elkhorn, half a mile north of Hoceer. They were putting in a ferry to use until the new bridge is completed. Supervisor Jorgen Larson, John Schlander, John Pitz and three boys were on the ferry when it tipped and threw all into the river. The boys swam ashore.

FREIGHT AGENT M'GINNIS BEFORE STATE BOARD

LINCOLN—Freight Agent McGinnis of the Northwestern appeared before the state board to explain how the earnings of the Nebraska mileage were allotted, and incidentally to tell the board that the road is in hard lines because its traffic is almost entirely local. The main specification in the query directed at him was the charge of Treasurer Mortensen that, while the Nebraska rates are much higher than those east of the river, the net earnings of \$1,400 a mile reported to the board are determined by pro rating the receipts on the through business according to the mileage without making such allowance.

Mr. Mortensen cited, as an instance, the fact that the rate from Norfolk to Omaha is as great as the charge from the river to Chicago, and yet, he estimated, the allowance of the earnings to the Nebraska mileage would be only one-sixth of the total. McGinnis said that while that may be the truth, the through business is only about 15 per cent of the total. He said that nearly all the business was done with Missouri river points, so that the question as to the distribution of net earnings did not enter. He cited one instance of coal shipments from Iowa where the rate from Omaha to York was \$1.20, as compared with \$1.05 for the haul from the mine to Omaha, twice the distance covered in the Nebraska haul. He explained the absence of interstate business over the lines as due to the fact that the Nebraska mileage, the Fremont, Elkhorn & Missouri Valley was originally practically an independent Nebraska line, which led merchants and dealers to form connections with Lincoln, Omaha and Sioux City houses.

Wood River has decided to have a big celebration on the Fourth.

STATE OF NEBRASKA SELLS PENITENTIARY LAND.

LINCOLN—The state of Nebraska has sold 320 acres of what is known as penitentiary land in Seward county for \$31 an acre for one 160-acre tract and \$21.25 for another 160-acre tract, and has bought twenty acres for the penitentiary south of Lincoln, paying therefor \$100 an acre. The sale and purchase were made under authority of an act of the last legislature permitting the sale of all penitentiary lands and the purchase of other lands near the prison. The 320-acre tract in Seward county brought a total of \$8,906. The land was sold at public auction. Frank Krause bought the best 160-acre tract and W. H. Whitbeck bought the cheaper piece. There remains another 320-acre tract near Sprague to be sold in the same manner. In all about \$23,000 will be realized from the land. If the state is obliged to pay \$100 an acre for 200 acres near the penitentiary it will be \$3,000 or \$4,000 ahead on the deal. The state has been renting 200 acres near the prison, paying therefor \$6 a year. The penitentiary land in Seward county and Lancaster county has been leased by the state at an average of about \$1 an acre. Owing to this difference and the need of more land for the convicts to farm, the land commissioner for several years has recommended the sale of the land situated at a distance and the purchase of other in its stead.

Senator Foraker delivered the Memorial address at Arlington.

SUPPLYING HANDS FOR THE HARVEST.

Labor Commissioner Bush announced that his department will undertake to supply Nebraska farmers with harvest laborers. Some inquiries are being made, but the harvest is still in the future. As soon as the demand becomes more specific an effort will be made to bring it into touch with the supply.

The summer school at Broken Bow will open June 12th.

State May Buy Gas Plant.

LINCOLN—Secretary of State Galusha and Land Commissioner Eaton, who are members of the state board of public lands and buildings, have returned from Omaha where they went to inspect an acetylene gas plant which former Secretary of State Porter is trying to sell the state. They speak favorably of the system, claiming that its adoption would result in a considerable saving and afford good light. Secretary of State Galusha indicated that some action would be taken looking to the purchase of a plant for the illumination of the state house.

Nance Farmers Discouraged.

FULLERTON—The rainy weather of the past thirty days has materially retarded farmers in their work of putting in their corn and many of them have become greatly discouraged over the prospect for a corn crop this year. Scarcely any acre has finished planting as yet and much of the corn that has been planted will have to be replanted. Farmers report more replanting than any year since the county has been under cultivation. Winter wheat and clover are looking very fine.

HER WEAKNESS GONE

HOT FLASHES AND SINKING SPELLS CONQUERED AT LAST.

Mrs. Murphy Tells Her Fellow-Sufferers How She Got Rid of Serious Troubles by Simple Home Treatment.

"I had been bothered for several years," said Mrs. Murphy, "by stomach disorder, and finally I became very weak and nervous. Flashes of heat would pass over me, and I would feel as if I was sinking down. At such times I could not do any household work, but would have to lie down, and afterwards I would have very trying nervous spells."

"Didn't you have a doctor?" she was asked.

"Yes, I consulted several doctors but my health did not improve. One day a friend asked me why I did not try Dr. Williams' Pink Pills. She assured me that they had proved of the greatest benefit in the case of her daughter. In fact, she praised them so enthusiastically that my husband got me a box."

"And what was the result?"

"Before I had taken half of the first box my condition was greatly improved. The quickness with which they reached and relieved all my troubles was really surprising. After I had used only three boxes I had no more heat-flashes or weak spells. Thanks to them, I have become a well woman."

Mrs. Mary D. Murphy lives at No. 1903 Force street, Fort Wayne, Indiana. Dr. Williams' Pink Pills, the remedy which she found so satisfactory, furnish directly to the blood the elements that give vigor to every tissue of the body. They can be depended on to revive failing strength, and to banish nervousness. Their tonic properties are absolutely unsurpassed.

As soon as there is drag, or dizziness, or pallor, or poor circulation, or disordered digestion, or restlessness, or pains, or irregularities of any kind these famous pills should be used. They have cured the most obstinate cases of anemia, dyspepsia, rheumatism, neuralgia, nervous prostration and even partial paralysis.

If you desire information specially suited to your own case write directly to the Dr. Williams Medicine Company, Schenectady, N.Y. Every woman should have a copy of Dr. Williams' "Plain Talks to Women," which will be mailed free to any address on request. Any druggist can supply the pills.

Some people never know that the devil has been feeding them stones until all their teeth are broken.—Henry F. Cope in Chicago Tribune.

Just Discrimination in Railway Rates.

All railroad men qualified to speak on the subject in a responsible way are likely to agree with President Samuel Spencer of the Southern Railway when he says: "There is no division of opinion as to the desirability of stopping all secret or unjustly discriminatory devices and practices of whatsoever character."

Mr. Spencer, in speaking of "unjustly discriminatory" rates and devices, makes a distinction which is at once apparent to common sense. There may be discrimination in freight rates which is just, reasonable and imperatively required by the complex commercial and geographical conditions with which expert rate makers have to deal. To abolish such open and honest discrimination might paralyze the industries of cities, states and whole sections of our national territory.

This distinction between just and unjust discrimination is clearly recognized in the conclusions of the International Railway Congress, published yesterday:

"Tariffs should be based on commercial principles, taking into account the special conditions which bear upon the commercial value of the services rendered. With the reservation that rates shall be charged without arbitrary discrimination to all shippers alike under like conditions, the making of rates should as far as possible have all the elasticity necessary to permit the development of the traffic and to produce the greatest results to the public and to the railroads themselves."

The present proposal is, as Mr. Walker D. Hines of Louisville showed in his remarkable testimony the other day before the Senate Committee at Washington, to crystallize flexible and justly discriminatory rates into fixed government rates which cannot be changed except by the intervention of some government tribunal, and by this very process to increase "the temptation to depart from the published rate and the lawful rate in order to meet some overpowering and urgent commercial condition."—New York Sun.

Money talks convincingly at times, and again there are times when it gets badly rattled.

Every housekeeper should know that if they will buy Defiance Cold Water Starch for laundry use they will save not only time, because it never sticks to the iron, but because each package contains 16 oz.—one full pound—while all other Cold Water Starches are put up in 3/4-pound packages, and the price is the same, 10 cents. Then again because Defiance Starch is free from all injurious chemicals. If your grocer tries to sell you a 12-oz. package it is because he has a stock on hand which he wishes to dispose of before he puts in Defiance. He knows that Defiance Starch has printed on every package in large letters, and figures "16 ozs." Demand Defiance and save much time and money and the annoyance of the iron sticking. Defiance never sticks.

Fine feathers may not make fine birds, but they make a fine showing on a milliner's bill.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

To be a good talker one must first learn how to be a good listener.